


March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 oz. of 2% milk is served each day	Menu subject to change Reservations: 760-602-4655 Sodium content: * = 300-500 mg ** = 500+ mg			1 Chicken a l'Orange Mixed rice pilaf Green beans, Spring mix, Mandarins
4 Beef Tacos Salsa, sour cream, Mexican rice blend, Refried beans*, Shredded lettuce, diced tomato, Whole wheat tortilla, Orange	5 Chicken & Sausage Gumbo* with okra & tomatoes, Brown rice, Caesar salad, Apple bread pudding with whiskey sauce	6 Tilapia with Mango sauce Coconut brown rice medley, Broccoli & carrots, Pears <u>Alternate Salad</u> Greek salad with chicken, bulgur, carrots, mandarins	7 Meatloaf Mashed potatoes, gravy, Peas & carrots, Stewed tomatoes, Whole wheat bread, Peaches Monthly Movie: Goodbye Christopher Robin	8 Chicken Piccata Spinach, Ancient grains pilaf, Greek salad, Pineapple
11 Cheese Ravioli* Meat sauce, Zucchini, Whole wheat garlic bread, Tropical fruit	12 Beef Stroganoff Whole wheat noodles, Carrots, Broccoli salad, Banana	13 Pork with Apple Chutney Potato gratin, Spinach, Rye bread, Mandarins <u>Alternate Salad</u> Spinach salad with diced chicken, bacon*, egg, mandarins, rye bread	14 Shepard's Pie Mashed potato topping, Peas, Cucumber tomato salad, Whole grain bread, Melon 	15 Happy St. Patrick's Day! Corned beef & cabbage, Parsley potatoes, Carrots, Rye bread, Pears
18 Chicken Portuguese Ancient grains, Green beans w/garlic, Mixed green salad, Orange	19 Pot Roast w/Gravy Parsley potatoes, Carrots, Whole wheat bread, Caesar salad, Pears with chocolate, Sauce	20 Krabby Cake Whole wheat pasta, Alfredo sauce, California vegetables, Fresh fruit <u>Alternate Salad</u> Asian chicken salad wheat noodles with peanut sauce, carrots	21 Minestrone Soup Ham & Swiss sandwich* on rye bread, Lettuce, tomato, Sweet & sour cabbage, Pineapple	22 Pecan Chicken Country gravy, Sweet potatoes, Collard greens w/ bacon, Peach cobbler, with oat & whole grain topping
25 Sausage & Peppers** Marinara sauce, Whole wheat pasta, Corn, Tossed salad, Melon	26 Teriyaki Chicken* Broccoli, Brown rice, Romaine & carrot salad w/mandarins, Peanut dressing, Apple strudel	27 Fish Tacos Shredded cabbage, tomatoes, onions, cilantro, jalapeño cream sauce, cumin brown rice, Black beans*, Corn tortillas, Orange <u>Alternate Salad</u> Chef salad*, carrots, Whole grain crackers	28 Open Faced Hot Turkey Sandwich* on whole wheat bread, Mashed potatoes & gravy, Peas & carrots, Cranberry sauce, Mandarin oranges	29 Meat & Cheese Lasagna Spinach, Tossed salad, Whole wheat garlic bread, Peaches